Guidance for Re-opening and Maintaining Safe Gym and Fitness Center Operations Amid the COVID-19 Pandemic

The Medical Fitness Perspective

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Medical Fitness Risk Model

**Physician Role**
- Manage Costs and Provide Dignity
- Combat Disease Progression
- Keep from Becoming Chronic
- Encourage Healthy Lifestyle

**Medical Fitness Role**
- 1:1 Coaching / Care Management
- Intervention
- Prevention
- Healthy / Low Risk

- **High Risk**
- **Rising Risk**
- **At Risk**
- **Apparently Well**
Medical Fitness Risk Model

How does this relate to healthcare costs?

% of Population

High Cost
3-5%
35-49%
Intensive Case Management

Rising Risk
40-45%
45-48%

At Risk
50%

Apparently Well
~3%

Firewall
Sweet Spot For Medically Based Fitness

Community Fitness Providers

Medical Fitness Association
Differences with Clinically Based Programs

• Typically Higher Risk
  – Older
  – Deconditioned
  – One or more chronic diseases
  – Pre- or Post-procedure

• Clinically Based Programs
  – Cardiac/Pulmonary Rehab
  – Physical Rehab
  – Step Down Programming
Differences with Clinically Based Programs

• Most Physician Referred or Disease Specific
  – Tracking Referrals
  – Measuring Baseline and Clinically Relevant Outcomes
  – Reporting Outcomes to Referrer/ EMR
  – HIPAA

• Enhanced Distancing

• Focus on the Experience of the End User
Things to Consider Prior to Opening

- Policy Decisions
  - How to Manage Aquatics and Wet Areas
  - Track Usage
  - Group Ex Classrooms
  - Cleaning Routines
  - Front Desk Operations
  - Mask and Gloves?
  - Static versus Dynamic Motion
Things to Consider Prior to Opening

• Staff Training
  – Standard and Transmission Based Precautions (Infection Control)
  – Screening Procedures (Temp, Verbal Screening)
  – New Staff Responsibilities to Monitor and Enforce Physical Distancing Requirements
  – Delivering a Consistent Message of Safety
  – Touchless Check-in/out Procedures
  – Sanitizing/Disinfecting Process
Things to Consider Prior to Opening

• Facility
  – Negative Pressure
  – Personal and Facility Sanitizing
  – Sneeze Guards and Cleaning Procedures
  – Equipment Reorientation/Use/Relocation
  – Lounge Area Spacing
  – Directional Signage
  – Spacing Aids (dots, lines, etc)
  – Development of Checklists
  – Which TV Stations – Non-political; non-COVID
  – Towel Service
  – Locker Rooms Open? How to Manage?
Things to Consider Prior to Opening

• Communications
  – Staff
  – Members
  – Guests
  – Potential Members
  – Referrers
  – Corporate Accounts
Things to Consider Prior to Opening

• Program
  – Clinical versus Non-Clinical – Designated time/space
  – Capacity – How to determine?
  – Separation by Type? Time?
  – Child Care
  – Personal Training
  – Swim Lessons
  – Massage/Spa
  – Combination of Virtual and On-site
  – Aquatics and Wet areas
  – Food Service
Progression and On-Going Operations

• On-going Screening
• Conspicuous Cleaning a New Normal
• Enhanced Physical Distancing by Functional Area
• Equipment Spacing
• Combination of Virtual and On-site Programming
• Limited Numbers at Gatherings
• Encourage Members to Wear Masks Prior to Exercise, when not exercising (locker rooms) and to/from Facility
How Long?

• Expect these to be maintained until either definitive treatment or vaccine is readily available

• This is the new normal.